



Fuel Up With Breakfast

*Here is a fun song that
will help you remember
why breakfast is
important.*

Breakfast Foods

(Sing to the tune of "Skip to My Lou")

Breakfast foods, they are a healthy treat,
A variety of foods that's what I eat!

To help me grow up well and strong,
With breakfast, I can't go wrong!

From fruit to juice, there is Vitamin C,
From bread to cereal, lots of en-er-gy!

Then a glass of milk to make me strong,
With breakfast, I can't go wrong!

Apples, oranges, grapefruit, too,
Milk from a cow that goes "moo-moo"!

Bread or cereal, I am singing a song,
With breakfast, I can't go wrong!

Song from Nifty Nutrition, Arkansas Department of Education
Eat Smart Be Smart Guide: Lesson 1st—Fuel Up with Breakfast

Eat Smart Be Smart